

## COV LUS NUG HEEV TSHAJ (FAQ'S)

Cov zaub mov noj thiab dej haus muab thiab muag rau hauv tsev kawm ntawv yuav tsum ua kom nruj raws li tsoom fww thiab lub xeev cov cai rau roj, ntsev, piam thaj (calories, saturated fat, sodium, sugar, and trans fat).

Qib

PreK-8th: Cov cai no siv tau pib txij thaum ib tag hmo los rau 30 nasthis tom qab hnuab kawm ntawv lossis qhov kawm pab ntxiv tom qab lawb ntawv (saib qhov twg yog qhov tom qab). Cov High school: Cov cai no siv tau pib txij thaum ib tag hmo los rau 30 nasthis tom qab hnuab kawm ntawv.

Txawm hais tias kev ua koob tsheej tsis muaj khoom noj yog qhov peb nyiam, tiam sis muab tau cov khoom noj txom ncauj uas tsis ua rau muaj kev fab zaub mov tsuav yog tias ua tau raws li lub xeev thiab tsoom fww cov cai rau kev muab zaub mov noj rau thaum hnuab kawm ntawv. Mus saib Cov Tswv ZOO rau Kev Ua Koob Tsheej.

Ua ntej yuav nqa khoom

noj tuaj rau hauv chav kawm, nrog koj tus menyuum tus xibfwb tham kom paub seb cov khoom noj twg yuav tsum tsis txhob nqa tuaj. Tsis txhob nqa cov khoom noj muaj txiv laum huab xeeb lossis txiv qab rog vim tias cov no yog cov ua rau muaj kev fab zaub mov ntau tshaj plaws.

Tsis siv, cov cai

no tsis siv rau tsev kawm ntawv cov su uas nqa tom tsev tuaj. Piv txwv li, cov niamtxiv tuaj yeem muab tau cov qhov noom cookie rau hauv lawv tus menyuum pob su nqa tom tsev tuaj.



SACRAMENTO CITY  
UNIFIED SCHOOL DISTRICT

# Tsev Kawm Ntawv Txoj Cai Kev Noj Qab Haus Huv

Kev Nrhiav Nyiaj Txiag  
Thiab Kev Ua Koob  
Tsheej Ntawm Tsev  
Kawm Ntawv

[bit.ly/3Y1vQyX](https://bit.ly/3Y1vQyX)

[bit.ly/3Ouhgx3](https://bit.ly/3Ouhgx3)

SCUSD tsis cais ib tug tub/ntxhais kawm ntawv twg los ntawm tus kheej lossis caj ces, hnuab nyoog, xim tawv nqaj, muaj kev xiam oob qhab, pojniam/txivneej, kev coj li pojniam/txivneej, haiv neeg, kev ntseeg, kev ua plees ua yi, kev nyiam ntawv tus kheej lossis zwm nrog ib tug neeg lossis ib pawg los ntawm ib lossis ntau yam ntawv cov yam ntxwv no lossis tej xeeb ceem uas tau hais no. 04/2019

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## VIM LICAS PEB THIAJ MUAJ TXOJ CAI KEV NOJ QAB HAUS HUV?

Thawj thawj zaug ntwam ob puas xyoo (centuries), tiam tam sim no cov menyuam nyob rau hauv teb chaws Meskas yog nyob rau txoj kev yuav muaj lub neej luv tshaj lawv niam thiab lawv txiv. Tsuas yog 4% ntwam cov menyuam yaus Meskas noj lawv cov txiv hmab txiv ntoo thiab zaub lawm xwb. Kev noj kev haus muaj piam thaj ntau dhau thiab cov khoom noj tsis zoo (junk food) tau ua rau tsis muaj kev noj qab haus huv rau peb cov tub/ntxhais kawm. Cov kab mob cuam tshuam rau kev noj kev haus zoo li ntshav qab zib hom 2, tuaj yeem tiv thaiv tau kev rog thiab tus kab mob plawv thaum menyuam yaus noj zaub mov zoo tas mus li. Kev coj tus cwj pwm noj qab haus huv no yooj yim dua thaum tseem yog menyuam yaus thiab hluas, piv rau kev hloov tus cwj pwm tsis zoo thaum muaj hnub nyoo laus lawm.

Qhov kev xaiv yooj yim rau cov tub/ntxhais kawm yog ib qho uas tsuas muaj qhov kev xaiv kom noj qab haus huv xwb. Thaum tshem tawm cov khoom noj uas tsis zoo lawm, cov tub/ntxhais kawm yuav txaus siab rau cov txiv hmab txiv ntoo strawberries, dib liab, thiab zaub xam lav. Cov menyuam yaus kuj nyiam txiv hmab txiv ntoo thiab zaub.

Peb lub hauv paus tsev kawm ntawv Txoj Cai Tub/ Ntxhais Kawm Kev Noj Qab Haus Huv hais txog ntau yam nrog rau Kev Kom Dag Zog, Tsev Kawm Ntawv Cov Zaub Mov Noj, Kev Nrhiav Nyiaj Txiag, Kev Ua Koob Tsheej, Tsev Kawm Ntawv Cov Teb Zaub, Kev Noj Qab Nyob Zoo Siab Ntsws nrog rau Kev Xav thiab ntau yam

ntxiv. Tsoom Fwv Txoj Cai hais kom tag nrho cov koog tsev kawm ntawv qib K-12 yuav tsum muaj Txoj Cai Tub/ Ntxhais Kawm Kev Noj Qab Haus Huv. Txoj Cai Kev Noj Qab Haus Huv txhawb nqa tus cwj pwm noj qab haus huv uas yuav pab txhawb kev noj qab haus huv, tiv thaiv kab mob nkeeg, thiab muab kev lees paub tias tsev kawm ntawv kev xaiv zaub mov noj ua tau raws li tsoom fwv cov cai hauv tsev kawm ntawv.

Cov menyuam yaus hauv teb chaws Meskas feem ntau mus kawm ntawv 6-mus rau-7 xuj moos toj ib hnub, thiab qhov ntawd yog qhov uas lawv noj tau ib nrab ntau ntwam lawv cov calories txhua hnub. Tsev kawm ntawv yog ib qhov chaw zoo rau cov menyuam los kawm thiab xyaum kev noj qab haus huv. Txoj Cai Kev Noj Qab Haus Huv tsom los tsim ib qho chaw uas pab cov tub/ntxhais kawm xaiv kev noj qab haus huv txog ntwam khoom noj thiab khoom haus.

Nyob ntwam SCUSD peb txhawb nqa peb cov tub/ntxhais kawm thiab lub zej zog kom muaj zog thiab ua tau zoo. Peb paub tias thaum cov tub/ntxhais kawm

## COV CAI NRHIAV NYIAJ TXIAG

### A A

- Xaiv cov khoom los ntwam daim ntawv tso cai ua ntej
- Hauv Paus Tsev Kawm Ntawv Pawg Neeg Saib Xyuas Kev Noj Qab Haus Huv lub vev xaib nyob rau hauv "Approved Snacks and Healthy Celebrations"
- Xyuas kom meej tias kev ua raws cai rau txhua yam khoom tsis nyob rau hauv daim ntawv tso cai ua ntej los ntwam siv lub Smart Snacks Product Calculator
- Txhawb kom muag cov khoom uas tsis yog khoom noj

### A A

- Tsis txhob muag cov khoom ua tom tsev rau cov tub/ntxhais kawm ntawv
- Tsis txhob ua zaub mob hauv chav kawm coj los muag rau cov tub/ntxhais kawm ntawv
- Tsis txhob muag cov khoom tsis raws cai xws li cov khob noom ncuu qab zib (cupcakes), qhob noom qab zib thiab dej qab zib.

